

APPENDIX I

REFERENCES

NOTE: Although the following references were current when this TRAMAN was written, their continued currency cannot be reassured. Therefore, you need to be sure you are studying the latest revision.

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APPENDIX II

GLOSSARY

ABSORPTION—(Baking term) Refers to the property of flour to absorb and hold liquid. (Frying) Refers to fat absorption in food products as they are fried in deep fat.

ACIDITY—Sourness or tartness in a food product; a condition indicating excess fermentation in yeast dough; with soda, generates carbon dioxide for leavening in cakes.

AERATION—The treatment of dough or batter by charging with gas to produce a volume increase; to induce air so that amass becomes lighter or fluffier.

AEROBIC BACTERIA—Those that require the presence of free oxygen, such as found in the air, for growth.

AGING—A flavor-enhancing process usually applied to beef. The meat is hung in a temperature-controlled room for a specific period of time. During this time a chemical reaction occurs in the meat; it becomes more tender because of the partial “digestion” of the connective tissue in the meat. Aged flavor is noticeable after 21 days at chill temperatures.

A LA KING—Food served with a rich cream sauce usually containing green peppers and pimentos and sometimes mushrooms or onions.

ALA MODE—In a fashion or the style of; for example, desserts served with ice cream or pot roast of beef cooked with vegetables.

ALBUMEN—Egg white.

ALMOND PASTE—A confection ingredient made of finely ground almonds and sugar.

AMBROSIA—(Greek mythology) Descriptive term applying to any food or drink exquisitely gratifying in taste or scent; the name of a favorite southern dessert made of oranges, bananas, pineapple, and shredded coconut.

AMOEBIA—One of the simplest forms of animal life; grows in water.

ANAEROBIC BACTERIA—Those that grow in an absence of free oxygen, deriving oxygen from solid or liquid materials and producing toxic substances.

ANGLAISE—(French) English, a la anglaise means “in English style,” as consommé anglaise.

ANTIPASTI—(or Antipasto) (Italian) An appetizer, or a spicy first course consisting of relishes, cold sliced meats rolled with or without stuffings, fish, or other hors d'oeuvres eaten with a fork.

ANTISEPTIC—An agent that may or may not kill microorganisms, but does inhibit their growth. Peroxide is an example.

APPETIZER—A small portion of food or drink before, or as the first course of, a meal. These include a wide assortment of items ranging from cocktails, canapes, and hors d'oeuvres to plain fruit juices. The function of an appetizer is to pep up the appetite.

ASPIC—(French) A molded jelly made from different preparations. The base is gelatin which sets the mixture. Various liquids may be used, but tomato juice is most common. Recipes may require chopped vegetables, fish, poultry, or meats in aspic.

AU GRATIN—(French) Food creamed or moistened with eggs, milk, or stock, covered with bread crumbs and butter or cheese, and baked until the top is brown.

AU JUS—(French) With natural juice. Roast rib au jus, for example, is beef served with unthickened gravy.

AU NATUREL—(French) In a natural manner. A dish served in a simple style.

BACILLI—Cylindrical or rod-shaped bacteria responsible for such diseases as botulism, typhoid fever, and tuberculosis.

BACTERIA—Microscopic, one-celled organisms found in soil, water, and most material throughout nature. Some are responsible for disease and food spoilage, others are useful in industrial fermentation.

BACTERICIDE—Any substance that kills bacteria and related forms of life.

BAKE—To cook by dry heat in an oven either covered or uncovered. Usually called roasting when referring to meats.

- BARBECUE**—To roast slowly, basting with a highly seasoned sauce.
- BASTE**—To moisten foods while cooking, especially while roasting meat. Melted fat, meat drippings, stock, water and fat, or water may be used.
- BATTER**—A homogeneous mixture of ingredients with liquid to make a mass that is semiliquid.
- BAVARIAN CABBAGE**—(German) Sautéed cabbage with onions and vinegar.
- BAVARIAN CREAM**—(German) A variation of soft custard into which gelatin and whipped cream and sometimes egg whites and flavoring are folded.
- BEAT**—To blend and introduce air by using a rapid over-and-over or rotary motion.
- BECHAMEL SAUCE**—(French) A seasoned cream sauce with meat stock; egg yolks may be added for color and different consistency. Used for vegetables, meat, fish, and poultry.
- BENCH TOLERANCE**—(Baking term) The property of dough to ferment at a rate slow enough to prevent overfermentation while dough is being made up into units on the bench.
- BISQUE**—(French) A thick soup usually made with a white sauce base and containing fish, shellfish, chicken, or cooked meat. Ingredients are pureed. Also, a rich frozen dessert, often containing powdered nuts or macaroons.
- BLANCH**—1. To partially cook in hot, deep fat for a short time until clear but not brown. Used for potatoes. 2. To rinse with boiling water, drain, and rinse with cold water. Used for rice, macaroni, and other pastas to prevent sticking. 3. A method used to remove skins from almonds.
- BLANCMANGE**—(French) Literally, “white food.” A pudding thickened with cornstarch only.
- BLEEDING**—Dough that has been cut and left unsealed at the cut, thus permitting the escape of leavening gas. Also applies to icing that bleeds.
- BLEND**—To thoroughly mix two or more ingredients.
- BOIL**—To cook in a liquid that bubbles actively during the time of cooking. The boiling temperature at sea level is 212°F.
- BOTULINUS**—A deadly bacterium that develops in canned foods that have been improperly canned.
- BOUILLON**—(French) A clear soup made from beef or chicken stock. May be used as a soup or gravy base. Obtainable in cubes or powder for reconstituting.
- BOWL KNIFE**—A spatula or flexible dull-edge knife used to scrape batter or dough from bowl sides.
- BRAISE**—To brown meat or vegetables in a small amount of fat, then to cook slowly, covered, at simmering temperature (185°F to 210°F) in a small amount of liquid. The liquid may be juices from meat or added water, milk, or meat stock.
- BRAN**—Skin or outer covering of the wheat kernel.
- BREAD**—To cover with crumbs or other suitable dry coating ingredient; or to dredge in a mixture of flour, seasonings, and/or condiments, dip in a mixture of milk and slightly beaten eggs and then dredge in bread crumbs.
- BROIL**—To cook under or over direct heat; to grill. No liquid is added. Oven—to cook in an oven, uncovered. Griddle—to cook uncovered on a hot griddle, removing grease as it accumulates.
- BROWN**—To seal juices inside a piece of food by searing its surfaces on a hot griddle or pan.
- BRUNSWICK STEW**—A main dish composed of a combination of poultry, meats, and vegetables.
- BUTTERFLY**—A method of cutting double chops (usually pork) from boneless loin strips. The double chops are joined by a thin layer of meat.
- BUTTERHORNS**—Basic sweet dough cut and shaped like horns.
- BUTTERSCOTCH**—A flavor produced by the use of butter and brown sugar.
- BUTTER SPONGE**—Cake made from sponge cake batter to which shortening has been added.
- CACCIATORE**—(Italian) Refers to a chicken cooked “hunter” style. Browned chicken is braised in a sauce made with tomatoes, other vegetables, stock and herbs.
- CAMEBERT**—Soft, full-flavored cheese.
- CANAPE**—(French) An appetizer eaten with the fingers, served either hot or cold. Small pieces of bread, toast, or crackers topped with a tasty spread.
- CANDY**—To cook in sugar or syrup.
- CAPON**—A young male bird that has been castrated at an early age, to improve the flavor, and fattened.

- CARAMELIZE**—To heat sugar or food containing sugar until sugar melts and a brown color and characteristic flavor develops.
- CARAMELIZED SUGAR**—Dry sugar heated with constant stirring until melted and dark in color, used for flavoring and coloring.
- CARBOHYDRATES**—Sugars and starches derived chiefly from fruits and vegetable sources that contain set amounts of carbon, hydrogen, and oxygen.
- CARBON DIOXIDE**—A colorless, tasteless, edible gas obtained during fermentation or from a combination of soda and acid.
- CARDAMON**—Seed of an East Indian spice plant used for flavoring.
- CARRIERS**—Persons who harbor and send out germs without having symptoms of a disease. The individual has either had the disease at one time and continues to excrete the organism, or has never manifested symptoms because of good resistance to the disease.
- CHIFFONADE**—(or Chiffonade) (French) A method of cutting foods into fine strips to be used as garnished. (See Julienne.)
- CHIFFONADE DRESSING**—A salad dressing containing strips of hard-cooked eggs and beets.
- CHIFFON CAKE**—A sponge cake containing liquid shortening.
- CHIFFON PIE**—A pie shell filled with a rich custard-type filling into which whipped egg whites and/or cream have been folded.
- CHILI**—(Spanish) A pepper or its fruit. Dried chili peppers are ground into chili powder.
- CHILI CON CARNE**—(Mexican) A dish consisting of ground beef and beans seasoned with chili powder.
- CHOP**—To cut food into irregular small pieces with a knife or chopper.
- CHOP SUEY**—A thick stew originating in American-Chinese restaurants, composed of thin slices of pork and various vegetables, among which is a generous amount of bean sprouts, celery, and onions.
- COAGULATE**—To curdle, clot, congeal, or solidify.
- CHOUX PASTE**—A pastry dough interlayered with butter or shortening to attain flakiness; leavened during baking by the internally generated steam; used to make eclairs and cream puffs; also called puff paste.
- CHUTNEY**—A pickle relish originating in India. Many kinds and amounts of different ingredients are used.
- COAT**—To cover entire surface of food with a given mixture.
- COMPOUNDS**—(Baking term) Certain mixtures of fats and oils.
- CONDIMENTS**—Substances that in themselves furnish little nourishment but have stimulating flavor.
- CONGEALING POINT**—Temperature at which a liquid changes to a plastic or solid.
- CONSOMME**—(French) A clear soup made from two or more kinds of concentrated meat stock.
- COOKING LOSSES**—Weight loss, loss of nutrients, and possibly a lowered palatability resulting from cooking finds.
- CORN**—A method of preserving and seasoning with salt brine and other preservatives.
- CREAMING**—The process of mixing and aerating shortening and another solid, such as sugar or flour; to thoroughly blend.
- CREAM PUFFS**—Baked puffs of cream puff dough that are hollow; usually filled with whipped cream or cooked custard.
- CREOLE**—A sauce cooked and used over poultry served with rice or a casserole dish of poultry or seafood and rice cooked in such a sauce.
- CRESCENT ROLLS**—Hard-crust rolls shaped into crescents, often with seeds on top.
- CRIPPLE**—A misshapen, burnt, or otherwise undesirable baked item.
- CROQUETTE**—(French) A product made by incorporating a minced vegetable, fish, poultry, or meat into shaped balls or cones that are rolled in crumbs and fried.
- CROUTONS**—(French) Bread cut into small, cubed pieces and either fried or browned in the oven, depending upon the intended use. They are fried for use as a garnish or baked when used as an accompaniment for soup.

CRULLERS—Long, twisted, baking powder doughnuts.

CRUSTING—Formation of dry crust on surface of doughs due to evaporation of water from the surface.

CUBE—To cut any food into square-shaped pieces.

CURDLE—To change into curd; to coagulate or thicken.

CURRENT—The acid berry of several species of shrubs of the gooseberry family; used primarily for jelly and jam.

CURRY—A powder made from many spices and used as a seasoning for Indian and Oriental dishes (shrimp or chicken curry).

CUT IN—Baking term that means to combine solid shortening and flour with a pastry blender or knife.

DANISH PASTRY—A flaky yeast dough having butter or shortening rolled into it.

DASH—A scant one-eighth teaspoon.

DEMITASSE—A half cup. In this country, the term is applied to after-dinner coffee, which is usually served in half-size cups. Demitasse coffee is usually made stronger than that served with a meal.

DIASTASE—An enzyme possessing the power to convert starches into dextrose and maltose.

DICE—To cut into cubes of approximately one-fourth inch.

DISINFECTANT—A chemical agent that destroys bacterial and other harmful organisms.

DISSOLVE—To mix a solid dry substance with a liquid until solid is in solution.

DIVIDER—(Baking term) A machine used to cut dough into a desired size or weight.

DOCK—To punch a number of vertical impressions in a dough with a smooth round stick about the size of a pencil to allow for expansion and permit gas to escape during baking.

DOUGH—The thickened uncooked mass of combined ingredients or bread, rolls, and cookies, but usually applied to bread.

DRAWN BUTTER—(or Sauce) When salted butter is melted, the salt separates from the oil and settles. The oily portion is poured, or “drawn” off, hence, the name. Drawn butter may be used unthickened, seasoned with a little lemon or a dash of

Worcestershire sauce and a bit of chopped parsley, chives, or mint. Drawn butter sauce is a thickened sauce made from drawn butter and used with fish, shellfish, and green vegetables.

DREDGE—To coat food items with flour, sugar, or meal.

DRESS—As applied to food: to prepare for cooking or for the table, as to dress a chicken.

DRIPPINGS—Fat and juices dripped from roasted meat.

DRY YEAST—A dehydrated form of yeast.

DUCHESS—(or Duchesses) A name given to various mixtures to which beaten whole eggs (or whites only in some dessert items) are added. The mixture is shaped into balls and baked. A method used most often with mashed potatoes.

DUSTING—A light film of flour or starch that is placed on pans or workbench to prevent dough from sticking.

ECLAIR—(French) A small filled pastry made from cream puff batter (or choux paste). The filling varies, but usually is vanilla cream filling or whipped cream injected from a special tube filler. The baked, filled shell is dusted with confectioners' sugar or covered with a thin layer of chocolate.

EMULSIFICATION—The process of blending together fat and water solutions to produce a stable mixture that will not separate on standing.

ENCHILADAS—(Mexican) A dish popular in many parts of the United States consisting of tortillas topped with a meat sauce and cheese.

ENRICHED BREAD—Bread made from enriched flour and containing federally prescribed amounts of thiamin, riboflavin, iron, and niacin.

ENTRÉE—(French) An intermediary course of a meal, which in the United States is the “main” course.

ENZYME—A substance produced by living organisms that has the power to bring about changes in organic materials.

EXTRACT—Essence of fruits or spices used for flavoring.

FERMENTATION—The chemical change of an organic compound due to action of living organisms (yeast or bacteria), usually producing a leavening gas.

FIESTA—(Spanish) Designates a special recipe used on holidays in Spain.

FILET—(French) Designates a French method of dressing fish, poultry, or meat to exclude bones and include whole muscle strips. The English term is *fillet*.

FILET CHATEAUBRIAND—Extra thick filet mignon, Russian style, baked in the oven.

FILET MIGNON—May be tenderloin of beef, mutton, veal, or pork.

FINGER ROLL—A bun about 5 inches by 1 inch in size.

FLOUR:

BLEACHED FLOUR—Flour that has been treated by a chemical to remove its natural color and make it white.

BOLTING—Sifting of ground grain to remove the bran and coarse particles.

CLEAR FLOUR—Lower grade and higher ash content flour remaining after the patent flour has been separated.

PATENT FLOUR—The flour made from the choice, inner portion of the wheat grain.

STRAIGHT FLOUR—Flour containing all the wheat grain except the bran, termed 100 percent.

STRONG FLOUR—One that is suitable for the production of bread of good volume and quality because of its gas retaining qualities.

WATER ABSORPTION—The ability of flour to absorb water. Factors that affect this ability are age of the flour, moisture content, wheat from which it is milled, storage conditions, and milling process.

FLUFF—A mass of beaten egg white, air, and crushed fruit.

FOAM—Mass of beaten egg and sugar, as in sponge cake before the flour is added.

FOLD IN—To combine ingredients very gently with an up-and-over motion, lifting one ingredient up through the others.

FONDUE—A dish made of melted cheese, butter, eggs, milk, and bread crumbs. The dish has many variations.

FOOD INFECTION—A foodborne illness that is obtained from ingesting foods carrying bacteria that later multiply within the body and produce disease.

FOOD POISONING—Food intoxication. A foodborne illness contracted through ingesting food containing some poisonous substance.

FOO YOUNG—(Chinese) A dish made with scrambled eggs or omelet with cut Chinese vegetables, onions, and meat. Usually, the dish is served with a sauce.

FORMULA—In baking, a recipe giving ingredients, amounts to be used, and the method of preparing the finished product.

FRANCONIA—(German) An ancient German territory. In culinary sense, means “browned,” as whole potatoes browned with roast.

FREEZE DRYING—Drying method where the product is first frozen and then placed in a vacuum chamber (freeze dehydration). Aided by small controlled inputs of thermal or microwave energy, the moisture in the product passes directly from the ice-crystalline state to moisture vapor and is evacuated.

FRENCH BREAD—An unsweetened, crusty bread, baked in a narrow loaf, and containing little or no shortening.

FRENCHING—A method of preparing boneless veal or pork chops by flattening with a cleaver.

FRICASSEE—To cook by braising; usually applied to poultry or veal cut into pieces.

FRITTERS—Originally a small portion of fruit dipped in batter and fried. The term now includes plain fried balls of batter or balls containing chopped meat, poultry, fruit, or vegetables.

FRIZZLE—To cook in a small amount of fat until food is crisp and curled at the edges; a meat crimped, frizzed, or curled at the edges, as frizzled dried beef and scrambled eggs.

FRY—To cook in hot fat. When a small amount of fat is used, the process is known as panfrying or sautéing; when food is partially covered by the fat, shallow frying; and when food is completely covered, deep-fat frying.

FUMIGANT—A gaseous or colloidal substance used to destroy insects or pests.

FUNGICIDE—An agent that destroys fungi.

- GARNISH**—To decorate a dish with colorful, savory food items, such as sprigs of parsley placed around fish or potatoes or a colorful bit of fruit added to a dessert.
- GELATINIZE**—The swelling of starch particles in hot water.
- GERM**—A pathogenic, or disease-producing, bacterium; a living substance capable of developing into an animal or plant.
- GERMICIDE**—An agent capable of destroying germs.
- GLAZE**—A thin sugar syrup coating (or a thickened sugar mixture) used for coating pastries, cakes, and meats.
- GLUCOSE**—A simple sugar made by action of acid on starch. It is made chiefly from cornstarch and is usually referred to as corn syrup.
- GLUTEN**—The elastic protein mass that is formed when flour is mixed with water. Composed of two proteins: gliadin for elasticity and glutenin for strength.
- GOULASH**—(Hungarian) A national stew of Hungary, variously made in the United States of either beef, veal, or frankfurters with onions and potatoes. A covering sauce has tomato paste and paprika as ingredients. It may be served with sour cream.
- GRAHAM FLOUR**—Finely ground whole wheat flour.
- GRAINING**—Refers to the formation of crystals in a cooled sugar solution after it has been boiled. If cooling is slow, large crystals will form. Rapid cooling produces small crystals. Small, fine crystallization, desired in making fondant, is accomplished by rapid mixing during cooling.
- GRATE**—To pulverize food items by rubbing on the rough surface of a grater,
- GREASE**—To rub utensil with grease (butter or other fat) preparatory to putting a food material in it to be cooked.
- GRILL**—To cook, uncovered on a griddle, removing grease as it accumulates. No liquid is added.
- GUMBO**—A creole dish, resembling soup, that is thickened with okra, its characteristic ingredient.
- HARD SAUCE**—A dessert sauce made of butter and confectioners' sugar thoroughly creamed. The mixture is thinned or tempered with either boiling water or spirits.
- HASH**—A dish made of chopped or minced meat and/or vegetable mixture in brown stock.
- HEARTH**—The heated baking surface of the floor of an oven.
- HERMITS**—A rich short-flake cookie.
- HOLLANDAISE**—A hot sauce made with egg yolks and butter and served with vegetables.
- HORS D'OEUVRES**—(French) Light snack-type food eaten hot or cold at the beginning of a meal. These foods correspond to the Italian antipasto and the Scandinavian smorgasbord.
- HOST**—Any living animal or plant affording food for growth to a parasite.
- HOT CROSS BUNS**—A sweet, spicy, fruity bun with a cross cut on the top that is usually filled with a plain frosting.
- HUMIDITY**—Usually expressed as relative humidity. The capacity of air to retain moisture varies with its temperature. Thus, relative humidity is the present moisture content related to total moisture capacity for the present temperature and stated as a percent.
- HUSH PUPPIES**—A bread served mostly in the South with fish and is made by deep frying cornbread batter seasoned with onions.
- HYDROGENATED OIL**—A natural oil that has been treated with hydrogen to convert it to a hardened form.
- INCUBATION PERIOD**—That time between entrance of disease-producing bacteria in a person and the first appearance of symptoms.
- INSECTICIDE**—Any chemical substance used for the destruction of insects.
- INVERT SUGAR**—A mixture of dextrose and levulose made by inverting sucrose with acid or enzymes.
- ITALIENNE**—(French) Refers to Italian style of cooking.
- JAMBALAYA**—A creole rice-tomato dish with fish, shellfish, or meat.
- JARDINIERE**—(French) A meat dish or a garnish, "garden" style, made of several kinds of vegetables.
- JELLY WREATH**—A rolled ring of basic sweet dough containing jelly.
- JULIENNE**—(French) A way of cutting vegetables, meat, or poultry into fine strips or shreds.

- KEBAB**—(Turkey) A combination of cubes of meat, usually lamb, and chunks of vegetables or fruit, placed alternately on a skewer and broiled.
- KNEAD**—To alternately press and turn and fold dough with the hands for the purpose of expelling gas and redistributing the yeast.
- KOLACHES**—(Czechoslovakia or Bohemia) A bun made from a soft dough topped with fruit, nuts, fruit-nut, or seed fillings.
- LACTIC ACID**—An organic acid sometimes known as the acid of milk because it is produced when milk sours. Souring is caused by bacteria.
- LACTOSE**—The sugar of milk.
- LADY FINGERS**—A cookie made with a sponge cake batter and baked in special pans.
- LARDING**—To cover uncooked lean meat or fish with strips of fat, or to insert strips of fat with a skewer.
- LASAGNA**—(Italian) A baked Italian dish with broad noodles, or lasagna macaroni, which has been cooked, drained, and combined in alternate layers with Italian meat sauce and two or three types of cheese (cottage, ricotta, parmesan, or mozzarella).
- LEAVENING**—Raising or lightening by air, steam, or gas (carbon dioxide). Usually, the agent for generating gas in a dough or batter is yeast or baking powder.
- LEVULOSE**—A simple sugar found in honey, fruits, and invert sugar.
- LYONNAISE**—(French) A seasoning with onions and parsley originating in Lyons, France. Sautéed potatoes, green beans, and other vegetables are seasoned this way.
- MACAROON**—A rich, chewy cookie made with almond paste and shredded coconut.
- MACEDOINE**—(French) A name derived from the country of Macedonia; refers to a mixture of fruits or vegetables used for garnish or as a cocktail.
- MADRILENE**—(French) A name of a clear soup; other dishes flavored with tomato juice.
- MAGENTA**—(Italian) A purplish shade of red produced by the use of tomato juice as, for example, in soup.
- MAITRE D'HOTEL**—(French) Head waiter; also a butter sauce used on fish.
- MAKEUP**—Manual or mechanical manipulation of dough to provide a desired size and shape.
- MALT EXTRACT**—A syrupy liquid obtained from malt mash; a product obtained as a result of converting the starch to sugar.
- MARBLE CAKE**—A cake of two or three colored batters swirled together so that the finished product retains the separate colors.
- MARBLING**—The intermingling of fat with lean in meat muscles. The presence or absence of marbling can be seen on the surface of meat that has been cut across the grain. The presence of marbling indicates quality and palatability of meat.
- MARINATE**—To cover food with a marinade (a preparation containing spices, vegetables, herbs, and a liquid, usually acid) and let stand for a period of time to enhance its flavor and improve its tenderness.
- MARMALADE**—A thick, pulpy jam or preserve made with crushed fruits. Marmalades made of citrus fruits contain bits of the peel.
- MARZIPAN**—A confection of almonds reduced to a paste with sugar and used for modeling, masking, and torte.
- MASKING**—To cover completely with a sauce, jelly aspic, mayonnaise, cream, icing, or frosting.
- MEAT SUBSTITUTE**—Any food that may be used as an entrée that does not contain beef, veal, pork, or lamb. The substitutes are protein-rich dishes such as eggs, fish, dried beans, and cheese.
- MELBA**—A cornstarch dessert sauce most frequently used with peaches; a very thin toasted bread is called melba toast.
- MELTING POINT**—The temperature at which a solid becomes a liquid.
- MERINGUE**—A white frothy mass of beaten egg whites and sugar.
- MIDLINGS**—Granular particles of the endosperm of wheat that are removed during milling.
- MILANAISE**—(French) Foods prepared a la milanaise contain eggs, parmesan cheese, and bread crumbs. Rice and macaroni products prepared ala milanaise may be formed into different shapes, dipped into egg batter, rolled in bread crumbs, fried, or paned and baked.

- MINCE**—To cut or chop into very small pieces (finer than chopped).
- MINISTRONE**—(Italian) Thickened vegetable soup containing lentils or beans.
- MIXING**—To unite two or more ingredients.
- MOCHA**—A variety of favorable coffee from Mocha (Arabia) but refers to any coffee today, including the instant form. A rich butter cream icing containing cocoa and coffee essence.
- MOLD**—Microscopic, multicellular, threadlike fungi growing on moist surfaces or organic material.
- MORNAY**—A cheese sauce used principally with baked fish.
- MOUSSE**—(French) The word means “froth.” Mousse is a cold entrée (meat, poultry, or seafood mousse) or a frozen dessert. The basic ingredients are beaten eggs, whipped cream, and gelatin.
- MULLIGATAWNY**—(East Indian) A soup with a chicken stock base highly seasoned, chiefly by curry powder.
- MYOCIDE**—An agent that destroys molds.
- NAPOLEON**—A pastry made from choux (or puff paste) rolled very thin, baked, cooled, and layered with cream filling. Usually topped with icing or confectioners’ sugar.
- NEWBURG**—A dish made with a cream sauce containing egg yolks and, sometimes, wine. Customarily used with seafood.
- NORMANDY**—(French) A province of France famous for its cuisine. Dishes prepared “à la normandé or normandie” contain generous amounts of butter and/or cream.
- NUTRIENT**—A substance in food that the human is known to require to support life and health.
- O'BRIEN**—A style of preparing sautéed vegetables with diced green peppers and pimentos. (Corn O'Brien and O'Brien potatoes are examples.)
- OLD DOUGH**—Yeast dough that is fermented for too long a time. It produces a baked loaf that has a dark crumb color, sour flavor, low volume, coarse grain, and tough texture.
- OMELET**—(or French: omelette) Eggs cooked with yolks and whites beaten together or separately and blended, depending upon the type of omelet.
- PANBROIL**—To cook uncovered in a hot frying pan, pouring off fat as it accumulates.
- PARASITES**—Organisms that live in or on a living host that they usually do not destroy.
- PARBOIL**—To boil in water until partially cooked.
- PARE**—To cut away outer covering.
- PARFAIT**—(French) Refers to cookery perfection but is most often associated with variously prepared desserts. The basic foundation is a sugar syrup enriched with eggs and/or cream and stabilized with gelatin. Fruits, liqueurs, or other flavorings are used with the soft mixture or with ice-cream parfaits.
- PARKERHOUSE ROLLS**—Folded buns of fairly rich dough.
- PARMESAN**—(Italian) A very hard cheese originating in the Parma region of Italy.
- PASTA**—(or Paste) (Italian) A term referring to macaroni products, including spaghetti, noodles, and other pastes made from hard wheat (durum or semolina).
- PEEL**—To remove skin, using a knife or peeling machine.
- PEPPER POT**—A highly seasoned soup or stew.
- PETIT FOURS**—Small decorated squares of cake.
- PICKLE**—A method of preserving food by a salt and water (or vinegar) solution.
- PILAF**—(also Pilau) An Oriental or Turkish dish made of rice. The cooking liquid used is beef or chicken stock, mildly flavored with onions.
- PIQUANT**—(French) A tart, pleasantly sharp flavor. A piquant sauce or dressing contains lemon juice or vinegar.
- POACH**—Method of cooking food in a hot liquid that is kept just below the boiling point.
- POLONAISE**—(French) A garnish used on such vegetables as cauliflower, asparagus, or other dishes consisting of chopped egg and parsley. Bread crumbs may also be added.
- PORCUPINES**—A meat dish prepared with ground beef and rice, formed into balls, and baked.
- POULTRY TERMS:**
- DRAWN**—Killed and feathers and intestines removed.
- DRESSED**—Killed and feathers removed.

- EVISцерATED**—Dressed, drawn, and cut up ready to cook.
- FIRST JOINT**—Wing joint next to carcass.
- GIBLETS**—Heart, gizzard, and liver of poultry cooked and chopped for use in gravy. The neck and wingtips may be also used as gIBLETS.
- OYSTER MUSCLE**—Tender, oval dark meat that is found in recess on either side of back, above the wings.
- READY TO COOK**—See Eviscerated.
- SECOND JOINT**—The portion Of the wing between the first joint and the wingtip. Also the thigh portion of the leg.
- PROOF BOX**—A tightly closed box or cabinet equipped with shelves to permit the introduction of heat and humidity. Used for fermenting dough.
- PROOFING PERIOD**—The time during which dough rises between molding and baking.
- PROVOLONI**—(Italian) A cured hard cheese that has a smoky flavor.
- PUFF PASTE**—See Choux Paste.
- PUREE**—To press fruit, vegetables or other solid foods through a sieve, food mill, or blender; also a soup made with pureed foods combined with white sauce, cream, or stock.
- QUAHAUG**—(or Quahog) Indian name for hard clam.
- QUICK BREADS**—Bread products baked from a lean chemically leavened batter.
- RABBIT**—(or Rarebit) A melted cheese dish.
- RACK**—The unsplit rib section of lamb or veal carcass after the breast meat cakes.
- SAFE HOLDING TEMPERATURES**—A range of cold and hot temperatures considered safe for holding potentially hazardous foods including refrigeration temperatures, 40°F or below, and heating temperatures, 140°F or above.
- SALISBURY STEAK**—A ground meat dish cooked with onions and made to resemble steak in shape. Sometimes referred to as hamburger steak.
- SALLY LUNN**—A bread used principally in the southern United States and named for the woman who is said to have first made it. It may be made either as a quick bread or raised with yeast; baked either in muffin tins or in a flat pan and cut into squares.
- SANITIZE**—Effective bactericidal treatment of clean surfaces of equipment and utensils by an established process.
- SATURATION**—Absorption to the limit of capacity.
- SAUERBRATEN**—(German) A beef pot roast cooked in a sour sauce variously prepared with spices and vinegar and sometimes served with sour cream.
- SAUTÉ**—To panfry lightly and quickly in a very little hot fat, turning frequently.
- SCALD**—To heat a liquid to just below the boiling point.
- SCALING**—(Bating term) Apportioning batter or dough according to unit of weight.
- SCALLOP**—To bake food, usually cut in small pieces, with a sauce or other liquid. Topping of crumbs or shredded cheese frequently used.
- SCONE**—A shortcake, containing raisins, that has an egg-milk wash and cinnamon topping to give a colorful, rich crust.
- SCORE**—To cut shallow slits or gashes in surface of food with a knife, fork, or another implement.
- SCOTCH BROTH**—A soup made with lamb stock, barley, and vegetables.
- SCOTCH WOODCOCK**—An egg baked with cheese sauce and a bread crumb topping.
- SEAR**—To brown the surface of meat by a short application of intense heat.
- SHRED**—To cut or tear into thin strips or pieces using a knife or shredder.
- SIFTING**—Passing through a fine sieve for effective blending, to remove foreign or oversize particles, and to aerate.
- SIMMER**—To cook in liquid at a temperature just below the boiling point (190°F-210°F); bubbles will form slowly and break below the surface.
- SINGLE SERVICE**—Refers to disposable articles used for food preparation, eating, or drinking utensils constructed wholly or in part from paper or synthetic materials and intended for one-time use.
- SKEWER**—A wood or metal pin used to hold meat or other foods in shape while cooking.
- SKIM**—To remove floating matter from the surface of a liquid with a spoon, ladle, or skimmer.

- SLACK DOUGH**—Dough that is soft and extensible but which has lost its resiliency.
- SMORGASBORD**—(Swedish) A Scandinavian luncheon or supper served buffet style at which many different dishes are served, including hot and cold hors d'oeuvres, pickled vegetables and fish, assorted cheeses, jellied salads, fish, and meats.
- SMOTHER**—To cook in a closed container or in a close mass as smothered onions.
- SNAPS**—Small cookies that run flat during baking and become crisp on cooling.
- SNICKER-DOODLE**—A coffee cake with a crumb topping.
- SOLIDIFYING POINT**—Temperature at which a fluid changes to a solid.
- SOUFFLÉ**—(French) A delicate, spongy hot dish made principally of stiffly whipped egg whites. Cheese is commonly used, but other soufflés include fish, meat, poultry, and vegetables. Also prepared as a dessert.
- SPORE**—Any of various primitive reproductive bodies (or resistant resting cells), typically one-celled and produced by certain forms of plant life, especially molds and bacteria, and by some animal microorganisms.
- SPRAY DRYING**—A method of dehydrating liquids by spraying them into a drying chamber into which very hot, dry air is circulated. The rapid evaporation causes a minimum of flavor change in the food.
- STARCH WATER**—A mixture of cornstarch and water made by boiling 1 quart of water containing 1 or 2 tablespoons of cornstarch. This mixture brushed on bread dough gives a shine to the crust after baking.
- STEAM**—To cook in steam with or without pressure.
- STEEP**—To let stand in hot liquid (below boiling temperature) to extract flavor, color, or other qualities from a specific food.
- STERILIZE**—To destroy microorganisms by heat, ultraviolet light, irradiation, chemicals, or antibiotics.
- STEW**—To simmer in enough liquid to cover solid foods.
- STIR**—To blend two or more ingredients with a circular motion.
- STROGANOFF**—A la stroganoff is a method of preparing beef with sour cream.
- SUCCOTASH**—A combination dish consisting of whole-grain corn and lima beans.
- SUGAR**—Cane or beet (sucrose)—most common, usually granulated, sweetening agent. Corn (dextrose)—a form of sugar made from cornstarch and readily fermentable. Maltose—a form of sugar obtained by germinating cereal grain. usually supplied as a syrup. In recipes, refers to granulated unless otherwise specified.
- SUKIYAKI**—(Japanese) A popular Japanese dish consisting of thin slices of meat fried with onions and other vegetables, including bean sprouts and served with soy sauce containing seasoning, herbs, and spices.
- TACO**—(Mexican) An open-face sandwich made of fried tortillas shaped like a shell and filled with a hot meat-vegetable mixture.
- TAMALE**—(Mexican) A steamed dish made of cornmeal with ground beef or chicken rolled in the center, usually highly seasoned.
- TARTAR SAUCE**—A rich sauce made with salad dressing, onions, parsley, pickle relish, and sometimes olives and cucumbers, served with seafood.
- TARTS**—Small pastries with heavy fruit or cream filling.
- TEMPER**—To remove from freezer and place under refrigeration for a period of time sufficient to facilitate separation and handling of frozen product. Internal temperature of the food should be approximately 26°F to 28°F.
- TETRAZINNI**—(Italian) A dish with chicken, green peppers, and onions mixed with spaghetti and served with shredded cheese.
- TEXTURE**—The structure, fineness or coarseness, of a baked product when a cut surface is examined.
- THAW**—To remove from freezer and place under refrigeration until thawed. Internal temperature should be above 30°F.
- TORTE**—Cake, especially of a rich variety; contains nuts, fruits, and usually very little or no flour.
- TORTILLA**—(Mexican) A bread made with white corn flour and water. Special techniques are used in handling the dough to roll it thin as a piecrust. It is usually baked on hot iron.

TOSS—To mix ingredients with a gentle lifting, circular motion. Usually used for salad ingredients.

TOXIN—A waste product given off by a microorganism causing contamination of food and subsequent illness in human beings.

TRICHINOSIS—A foodborne disease transmitted through pork containing a parasite, “*Trichinella spiralis*,” or its larvae, which infects animals.

TRUSS—To bind or fasten together. Usually refers to poultry.

VACUUM DRYING—Vacuum is applied to food that causes the air and moisture inside it to expand and create bubbles (a puffing effect). The puffed product is then dried leaving a solid fragile mass. This may be crushed to reduce bulk.

VERMICELLI—(Italian) A pasta or macaroni product, slightly yellow in color, shaped like spaghetti, and very thin.

VIENNA BREAD—A hearth-type bread with heavy crisp crust, sometimes finished with seed topping.

VINAIGRETTE—(French) A mixture of oil and vinegar seasoned with salt, pepper, and herbs that is used in sauces and dressings.

VIRUS—A group of submicroscopic organisms that grow in living tissue and may produce disease in

animals and plants. Viruses are smaller than bacteria and will pass through membranes or filters.

WASH—A liquid mixture brushed on the surface of a product either before or after baking. It may be composed of one or more ingredients (water, milk, starch solution, thin syrup, or eggs).

WELSH RABBIT—(English) A cheese sauce served with toasted bread or crackers.

WHEY—Liquid remaining after the removal of fat, casein, and other substances from milk.

WHIP—To beat rapidly to increase volume by incorporating air; a hand or mechanical beater of wire construction used to whip materials such as cream or egg whites to a frothy consistency.

YEAST—A microscopic plant that reproduces by budding and causes fermentation and the giving off of carbon dioxide gas; leavening agent.

YOUNG DOUGH—Yeast dough that is underfermented. This produces a baked product with a light color, tight grain, and low volume (heavy).

ZUCCHINI—(Italian) Slender green squash.

ZWIEBACK—A toast made of bread or plain coffee cake dried in a slow oven.

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